

Katarzyna Czerwaty

**Report on the fellowship course, which I completed
with the help of the European Rhinologic Society**

Course name and dates: „9th Annual International Copenhagen Advanced FESS and Anterior Skull Base Dissection Course”, October 9–10, 2025

The intensive course I chose was designed to improve my specialist knowledge of endoscopic sinus and anterior skull base surgery, focusing on safe and effective techniques for treating complex sinus and skull base pathologies.

The course program offered over 10 hours of hands-on sections using fresh-frozen cadavers, training in basic and extended approaches, complex techniques used in sinus surgery, expert guidance on navigating critical anatomical structures, strategies for optimizing surgical outcomes, and minimizing complications.

The lectures covered the anatomy of the paranasal sinuses and anterior skull base, the use of computed tomography of the nose and paranasal sinuses in diagnosis and surgical planning, approaches to the frontal and sphenoid sinuses, transnasal access to the pituitary gland, endoscopic decompression of the orbit and optic nerve, management of cerebrospinal fluid leakage as a complication of endoscopic sinus surgery, and analysis of difficult cases.

Classes in the anatomy lab included alternating demonstrations and practical exercises. Topics included: ergonomics and instrument handling, dacryocystorhinostomy, surgical treatment of epistaxis, ucinectomy, middle meatal antrostomy, ethmoidectomy, prelacrimal approach, procedures involving the frontal sinus (Draf IIa, IIb, and III), the four-hand technique in endoscopic skull base surgery, closure of cerebrospinal fluid leakage, endoscopic orbital decompression, endoscopic transcribiform approach and other (individually selected) topics.

By participating in this course, I improved my surgical skills by mastering advanced techniques for treating difficult lesions in the paranasal sinuses and anterior skull base, and gained confidence in performing the extended approaches necessary in complex cases. I also established contact with leading experts in the field of nose and skull base surgery. I was able to acquire the latest knowledge and skills necessary to provide optimal care for rhinology patients in this rapidly developing subspecialty.

I believe that the skills acquired during the course will enable me to perform pituitary tumor removal procedures (in collaboration with neurosurgeons) and orbital decompression in cases of thyroid orbitopathy at the center where I work. I also plan to expand the scope of my frontal sinus

surgeries to include DRAF III surgery, which I have only performed under the supervision of senior colleagues so far.